*Full Length Research Paper*

# Social-psychological harmony and its relationship to both academic and achievement levels among female students at child education specialization at Princess Alia University College

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Abstract

**This study aims to detect the level of psychosocial harmony among female students at College of Princess Alia University and the relationship of this psychological variable factor for both academic and level achievements among the first, second , third and fourth years students where these variables play an essential role in ensuring the mental health as well as the academic progress, besides, the study aims to identify also the level of harmonization between the female students psychosocial condition at different academic levels, and the factors that help to support psychosocial harmonization among the female students at Princess Alia University College through four years of study at the undergraduate level. The study sample consists of 400 female students at Princess Alia University College in the academic year 2013/2014 in the levels of various academic specializations including child and special education where 100 female students were selected from each academic level (First year, second year, third year and fourth year). Results shows that there was extracted Pearson correlation coefficient between psychological adjustment and academic achievement, there was a positive relationship statistically significant between psychological adjustment and academic level. Results also shows the existence of a positive statistically significant relationship between psychological adjustment and academic level.**

**Keywords:** Social-psychological harmony, academic achievement, academic level

## INTRODUCTION

Preparation of manpower, which is the wealth of communities, is responsibility of academics, who are working on development of human capital, which plays a remarkable role in progress and advancement of the countries, if they are properly directed towards the current problems as well as the ones that they may emerge in the future. Additionally, the undergraduate is considered an important stage in providing students with social, cognitive and emotional skills through their courses, activities and style of learning along with teaching techniques where the student experience regarding his potential and capabilities limits, as the student may encounter obstacles that hinder his progress, integration and harmonization at this stage where this process is an essential requirement for success and progress of the student.

Moreover, the university stage indicates apparent emotional, psychological and social changes in which a lot of students at this period are suffering from problems and frustrations resulted from shock averages issue and university admission acceptance procedures, which are all factors reduced the students' abilities and mental state as well as acceptance it reflects negatively into their lives, besides the students faces many challenges starting from the stage of the school to undergraduate with different dimensions and encumbrances.

Furthermore, these new variables, student needs to psychological harmonization which ensures coexistence with the situation of renewable successful and positive elements, since the harmonization is a collection of different responses that refer to the stability of the individual as well as his enjoyment of a sense of security, psychological appreciation for himself with his sense of value along with extent of his ability to control his behavior that commensurate with his entity and community (Badri 2008).

Un- harmonization is the most dangerous factor that leads to the destruction of health and human psychological condition that also leads to inferiority and sometimes lack of motivation to completion, causing failure of study or reluctance sometimes for the study, psychological harmonization factor includes all the psychological characteristics of mental, social, emotional abilities and attitudes, values , aspirations and ways of thinking or learning which distinguishes an individual from another as this concept is considered the most important and serious topics in psychology and education as well.

Aldahri and Al-Qubaisy indicate that harmonization can identify some indicators which point to harmonization is as follows:

1. Human view to life is realistic.
2. Human ambition has to be with capabilities level
3. Sense of satiation of the individual psychological needs.
4. It is required that an individual should have a set of personality traits including: emotional stability and common sense, scientific thinking, social responsibility, flexibility which are identical to the reality, if they can be clearly understood by others.
5. It is required that an individual should have a set of values or a pattern of human values such as: love and compassion for people and self-sacrifice, compassion in addition to honesty.

Bolby conducted a study in which he concluded that positive and mental healths are basis of structure trust for psychological transparency to the community, the people and self-confidence away from isolationism and loneness (Hijazi, 2000).

The large gap between university and secondary education emerges in style of learning, independence and the expected requirements of university students that creates the student's sense of harmonization  healthy from the beginning , but it is through the motivation of the student , his ambitions and the momentum of foreign affairs from the beginning of the family along with the support of parents , the surrounding environment , strength of character , self-confidence and sovereignty encourage  the student to be in harmony with his responsibility and requirements for establishing successful relationships with his class mates and tutors who play a key role in disseminating a sense of self-efficacy and positivity as they are accessible to the psycho-social harmonization .

Individual's personality is the final consequence of interaction with, social and family environment around him, however considering that the character of parents along with the family surroundings is a basic personal core where it develops with the different models in school, and it coincides with the university stage as a first step where the students select its track and model from their tutors.

Faraj Abdel Qader Taha confirms in his study that (11) professors who rely on their teaching on social interaction between them and their students, it is considered that opportunity for mutual discussion is more feasible as their way of education is more meaningful, that increases students' understanding of the studied material besides removing the ambiguity as well as increasing motivation at the same time about their achievement.

Consequently, this does not mean achieving personal, social and psychological harmonization in addition to stability that the individual is free from the problems nor he encounters any obstacles be adapting harmonization between the student and the satisfaction of their needs by reaching their objectives, there is no individual without problems, where proper harmonization is measured by the individual's ability to cope with these problems, solving, accepting and living with them.

It is clearly understood that the problems and obstacles are normal in the individual life   as the abnormal thing is the failure of the individual to solve these problems or inability to learn how to live with them receptively or delinquency to methods of abnormal behavior if it cannot be resolved.

As harmonization has a large space in psychological studies as well as in undergraduate    for many of the psychological studies.

The research focuses on the university girl who is the community concern, as she did not live any kind of independence, nor she did not experiment her own capabilities and self-confidence pre-university stage, which in itself is an important step and it is a decisive factor in her adoption on the basis of her selected profession as well as her option for the main lines of her future.

As the academics who are interested in current reality of university education observe the existence of obstacles for encountering their careers as well as affecting their capabilities and performance , with their about consideration of their  age group which is dominated by the character of the impulsiveness  , pursuit of independence and transparency towards social relationships and risk-taking , but it changes experienced by the student as a result of the transition from curriculum stage to stage and the necessary this change of duties and burdens creates a state of instability and lack of psychological balance and harmony with the new situation that he experiences.

As  the university female student lives a steady-state of her study across consecutive years in a family who helps

her in all her burdens besides following up her school achievement and grades in which her study at school is limited in specified hours period , in addition to, her school may be located nearby with available transportation means to and from home and confined to their behaviors in specific instructions regarding school daily attendance , school morning queue , uniforms , exams , books, notebooks, aspiring specialization of certain particular university , jobs , dreams of specific goals and expectations for living a transition period after the last exam of high school to wait for acceptances determined relatively by the average admission issue on the grades scale that contain the students grades of the entire Kingdom which is not a classroom that its capabilities and circumstances are easily identified for living cases of emotional different may dispel all her dreams and changing her objectives by imposing a particular specialization at the university which intervened at this stage with surprised different periods and a variety of lectures , tutors along with facing burdens and pressures of registration materials , courses , syllabus administrative staff and different instructions for past years of full stage of learning, despite the liberation of uniforms , daily schedules , exams , specific relationships , insured and guaranteed transportation in the same neighborhood , but they suffer at the university first from acceptance from the new situation , despite their ambition and hard work to reach with difficulty of formation about relationships in the community which  is not homogeneous and it's consciously or unconsciously still by considering those dreams , that might be ended after the announcement of acceptances at the university , and after the semester first day begins.

The university education is the dream of all male and female students, but learning and teaching methodologies are new level which are liberated from systematic curricula, the unified uniforms and selected teacher throughout the year and the schedule course, specified teaching periods and the small community, which continues with the school constantly. They are a great community non- homogeneous and autonomy in the choice of materials, quarterly, theoretical and practical lectures that follow the style of the tutor without textbook relying on researches, besides focusing on the most specification and intensively in the specialty clearly techniques that qualifies the student to work at the apparent and specified specializations, fields and positions.

Decision-making , self-confidence and strong character which are produced by the family and the school are all factors that play a key role in the students' abilities and their psychological harmonization despite the change from transferring from one academic stage to another , and the performance in difficult materials and getting used to making researches and easily communication with those who are involved in solving the problems of the students at the various administrative departments  in addition to methods of tutors dealing with the university students

which are  based on friendship and cooperation with them along with availability of the university various activities shall lead to  good relations between students , all factors that lead to the easiness and rapidness  of the psychological and social harmonization of the student .

These are the goals of those in charge of policy-making in universities in terms of facilitating the learning process of education along with attempting to create a good citizen , who is characterized by the characteristics of positive psychological which support his growth and development , hence the interest in supporting the student psychology who is the focus of the learning process of educational and who is the capital of each family and a valuable production -oriented and companionable psychologically , socially , emotionally and academically to deal with himself , others as he produces to his society and seeks to serve his country , which offers him through the institutions of socialization all means of psychological, personal and professional support .

University female students are considered an important class in the society as they are the mothers of the future besides, they are the first educators for their children at the families, therefore, they are given highly concern in many areas of educational study fields what they count in the education, upbringing of children and preparing their children in the family and the school.

## Problem of the Study

The subject of harmonization in undergraduate is a remarkable status in the research due to its importance in determining the level of the student and their potentials, along with specifying his ability to co-existence and integration in this important stage and extraordinary in his life in terms of the responsibilities and requirements as it is considered a critical stage in formatting his hopes, aspirations, besides it determines the career of the student.

The studies and researches that deal with these topics are considered educational scientific methods which reduce the negative psychological effects resulting from the lack of integration into university life, which leads to the problems facing the adaptive issues that encounter the university female students on their academic education achievement.

The present study provides obvious indications about the psychosocial harmonization of the female university students in different grade levels, and the factors that encourage the student to the integration and harmonization with the university of undergraduate to ensure their progress preventing in graduation or default performance.

## The Study Questions

1-      What is the level of psychosocial harmonization to female students of  Princess Alia University College at the undergraduate level in different academic levels?

2-      What is the level of social harmonization to female students of   Princess Alia University College at the undergraduate level in different academic levels?

3-      Is there a statistical significance relationship between psychological harmonization for the female students of   Princess Alia University College and their academic achievement?

4-      Is there a statistical significance relationship between social harmonization for the female students of Princess Alia University College and their academic achievement?

5-       Is there a statistical significance relationship between psychological harmonization for the students of the College of Princess Alia University on the academic level?

6-      Is there a statistical significance relationship between social harmonization for the female students of the College of Princess Alia University on the academic level?

## Objectives of the Study

This study aims to detect the level of psychosocial harmonization among female students at College of Princess Alia University and the relationship of this psychological variable factor for both academic and level achievements among the first, second , third and  fourth years students where these variables play an essential role in ensuring the mental health as well as the academic progress, besides, the study aims to  identify also the level of harmonization between  the female students psychosocial condition at different academic levels, and the factors that help to support psychosocial harmonization among the female students at Princess Alia University College through four years of study at the undergraduate level.

## Significance of the Study

The significance of this study emerges  from its importance in mental health and its impact on student achievement and their academic levels, where the psychosocial harmonization with its meanings reveals the extent to which the female student has psychological capabilities that ensures   her communication and co-existence in a positive and successful way with the academic stage with all its responsibilities and consequences   which may need capabilities ,   effort as well as continuous work that cannot be completed ,  except with   existence of psychological motivation and capabilities from the beginning .

   The psychosocial harmonization is major topics in psychology, which plays a key role in formation of students' abilities, as the studies were considered it the first priority in the study and research in the factors of academic achievement besides  the extent of the student's ability of being able to specialization and requirements.

The potential students and their superiority or lack thereof depends on the extent to which the student psychological  and social  achievements , is the decisive factor in coexistence of students with the requirements of the  stage  and  his  ability  to  establish  successful relationships with those around him from his classmates and tutors  which ensures the level of motivation that is suitable for progress and excellence as indicated by studies that looked at its impact on the abilities of the students in different academic stages.

## The Study Terms

**Psychological  Harmonization**: It  is  the  individual satisfaction with himself where his personal life is free from tensions and conflicts that are associated with the personal feelings of guilt, anxiety and distress, which also is the basis of the individual's sense of personal security (Al Marwani 2009).

**Social  Harmonization**: (Gold & Colb) defines it as a harmonious  relationship  between  the  individual,  his circumstances,  situations  and  individuals  who  are  the natural and social environment (2007, Al Jamai).

## The Study Procedures

## The Theoretical Framework

The subject of the psycho-social harmonization is topics of interest to researchers and educators because of their impact on development of the student personal respect to this  situation  and  what  factors  affect  the  level  of academic, psychological and social abilities

   Psycho-social harmonization is an essential factor that affects the quality of performance and achieving goals which are consistent with the fact with co-existence.

   Educational institution is main concern is to prepare students with an acceptable level that makes them able to  support  themselves  first ,  afterwards ,  they  can contribute  reflecting   in  increasing  competition  among graduates  about  the  right  job ,  and  the  university  is located on the top of the pyramid of education , it is a mission critical to prepare young people personally and intellectually, emotionally and socially , they are factory leaders ,  so  concerns  revolve  around  policies  that support  and  supplement  the  university  specialties including  secure  environment  for  students  who  are eligible  for  psycho-educational  preparation  and rehabilitation in light of the challenges facing communities and the whole world changes .

   Theories that are looking at the subject of integration of university theory of (Astin) , which believes that student learning  at  the  university  level  comes  through participation ,  which  is  the  amount  of  effort  the psychological  and  physical  abuse  that  his  student experiences academic and student supreme integration and harmonization is the one who is making the power of

the study and spend a lot of time on campus and participate in students organizations and establishing relationships with tutors and other students .

**The Theory of Integration**

Theory of (Tinto) focuses on the basic role of the relationship between student participation and learning, and its impact on the harmonization of the student and his continuation of the university, a relationship which results from the interaction between the student's participation and the quality of his effort contribution with his classmates and tutors inside and outside the classroom linked to a positive quality of the effort associated with learning and diligence.

It indicates the concept of the psychology of harmonization as it is a state of harmonious relations with the environment in which the individual can obtain gratification for the most of his needs to achieve physical and social requirements

Harmonization is new ways to satisfy needs of students through new types of responses and activities until it reaches the solution that leads him to the point of saturation including life to carry out harmonization on an ongoing basis , feeling hungry , and pushing him to  look for food  with full defending hunger and restoring to the tissues equilibrium , lowering the tension arising from the urgency of the hunger motive , he feels thirsty and driven to drink water , and feel cold shall look for warmth.

Human behavior is characterized by the dynamic nature of and our images changing as a result of our actions and emotions as results of needs and urgent demands.

Harmonization is a satisfactory relationship between humans and the surrounding environment, in accordance with the social aspect and process that designed to bring about positive relationships between the individual and the environment as well; this harmonization with the environment has to be a change for the best.

**The difference between Adaptation and Harmonization**

Harmonization of the ability of the individual to comply with the acquired motives   or social motivations
**Adaptation**: It is affected by individual coexistence and harmony with biological motives such as: food and drink
There are also multiple forms of harmonization, including:
**Educational Harmonization:** It is influenced by the readiness, mental abilities and the environment contains all of the methods, topics, activities, colleagues or tutors, in addition to the obstacles.
**Psychological and Personal Harmonization:** Its Implications are self-confidence, independence and feeling of gratitude and control on tasks as well as belonging to the place, which is reflected in the behaviors of others and hostility toward the   people and properties.

**Social Harmonization:** It includes healthy relationships with different surroundings community and environment characteristics.
- Elements of the psychology of harmonization:
1 - Conflict
2 - Frustration
3 - Anxiety
4 - Social and economic barriers
5 -Stressful and painful life consequences
6 - Pain and discomfort

**Conflict**

The conflict means the individual encountering complex attitudes that lead to contradicting responses.

Upon the individual attempting to achieve his objectives and fulfill his needs, he shall face two or more of his motives and he has to make comparison between them in which he chooses the most appropriate based on the value of motivation or desire that the individual seeks to satisfy and achieve them.
 "Kurt Levin," divided the conflict into three types as follows: -
A - **Conflicting Approach**
It is intended to conflict resulting from trying to choose between two goals both of them have positive attraction, and conflict in this case does not continue for a long time, but it ends with the individual decision to decide or choose one of them.
B - **Conflicting Approach and Avoidance**: It means the conflict resulting from the choice between the two selections, one of them has a positive attraction to him and the second one has a negative attraction, where the individual swinging between the two conflicts toward his goals.
C - **Conflicting Avoidance**
It is intended to conflict resulting from attempting to choose between two attractive choices where both have a negative, and it's more difficult in the solution to the most important types of conflict.

**The Frustration**: -

It is the obstacle of motivation to be access to a particular goal as frustration is considered a source of hardship in which many individuals feel frustrated on an ongoing basis. It is a state of psychological crisis arising from the individual encounter obstacles to satisfy an urgent need or motive.

**Anxiety**:

It is a state of tension that arises during the individual attempts to achieve harmonization factors as a result of suppression, frustration and conflict.

**Public Concerns: Phobias**

Phobias are unreasonable fears such as: Fear of madness, disease and financial crisis emerging from the anxiety disorder.

## Compulsions or Hanging Behaviors

It is another symptom of anxiety an individual feels compelled to do, though it cannot give the cause for them. Fourth: -

**Economic Obstacles**
**Stressful and Painful Life Events**
**Pain and Discomfort:**

### Harmonization through Unconscious tricks

Unconscious tricks are defensive methods which are no targeted to  solve the psychological crisis as much as aiming to get rid of the feelings of stress , anxiety and to reach the degree of temporary comfort specifically unconscious and unintended tricks issued by individual spontaneously without being preceded by reflection of these tricks   practiced by multiple human varying and tangled operations in more than one   field of co-operation in an overlapping processes that makes them difficult to classify It is non- emotional tricks.

**Suppression:** -
Psychologists believe that motives of human behavior can be conscious motives which the human being releases them or they can be unconscious ones which the individual cannot feel nor he is aware of the motive of the behavior that resulted from them as, it consists of self-restraint as it identified by the public of the subconscious mind of   innate inherited motives, especially sexual and aggressive desires , motivations, preferences and wishes and tendencies excluded from the feeling that the individual feels that they are inconsistent with the values of society and what is acceptable and satisfactory in each community.

**Justification**:-
Justification is a type of actual mechanisms aimed at harmonic tendencies through malicious fallacy to disclose the real motives which tricked into defensive pious of admitting failure or mistake or disability, as it happens when the issue of the individual's actions issued by the motives of socially unacceptable behavior which interprets into explanation that shows for the individual himself as well as for the people that his behavior causes reasonable acceptance by society and this does not mean that the behavior is acceptable and justification of this self-image tricked for feeling of   self-harm and causing pain or a sense of failure and guilt.

**Projection**:
A projection is defined in psychology as respondent-defense pattern in which the individual disowned unconsciously from his hideous motives which are contrary to the ideals and fasten an accusation to other people, which falls tricked by the individual shortcomings, disadvantages, reasons for failure, inadequacies , distasteful and concealed desires on other people or society or even the devil.

**Reincarnation**: -
It is a tricked unconscious defensive mechanism to reduce stress and satisfy the motives surrounding by the merger of the individual subconsciously in the character or another group of the character who succeeded in achieving the goals is received and displayed by the other.

**Recidivism**: -
It is a mechanism mentality that pushes the individual to overcome the difficulties of solving his problems by behavioral recidivism in the form of the individual withdrawal to one of behavioral stages of childhood that previously went through, crossing back and making a functional individual boomerang behavior patterns and responses which were established on his childhood.

**Compensation:** -
It is a tricked defensive and emotional mechanism resorted to the individual resulting in a sense of failure or shortage or inability to satisfy the motive forces or hide a deficit or  intellectual disability as a way to relieve tension and anxiety which is a subliminal effort that pushes the individual to work about addressing the shortage of real or shameful struggle to achieve the desired success or replacing it with another goal.

**Daydream (Delusional Fantasy)**
It is an unconscious trick that we all use for imagining where satiates our motives and desires that we failed to achieve in the real world, in addition to increasing occurrence during the adolescence and childhood which play a major role in satisfaction of repressed desires.

**Exaltation (Sublimation)**
It is a trick that the individual seeks to increase motivation or desire or repressed passion to a higher or inspiring level.

**Oblivion**: -
It is a psychological condition that occurs as a result of the suppression and forgetting desires and motives where the individual uses tricks to get rid of the individual unacceptable motives which is impossible to achieve as well as the painful memories which are disappeared fully from the individual awareness and consciousness.

**Withdrawal**: -
It is tricked evasion which aims to remove or ease the tension and pain resulting from the obstacle to the satisfaction of the individual through withdrawal from the object with purpose for avoiding situations that cause failure or leads to criticism or punishment.

## Harmonization Definition Trends

- **Trend of the Individual Himself**: It includes the human personality, physical and mental entities and all of the needs, motivations, experiences, values , abilities and emotions which affects the individual behavior as shown by the study conducted by ( Mukhaimar, 1972) that harmonization is an ongoing process throughout the life , because it is  a series of individual attempts to satisfy his needs and harmonization with a person attempts to remove the tensions and to reach to stability again .
- The Second Trend is about the environment which considers the man as a social being not isolated but linked to his society which impact on the individual, these shall be subject to the traditions, rules of appropriate behavior, culture and other foundations of the society that determines the individual lifestyle and behavior for ensuring his compliance with the requirements of the community.
- The Complementary Trend links between the two trends in which it considers harmonization an ongoing process carried out by the individual needs and requirements to achieve mental, physical and psychological health within the framework of a acceptable community.

## Theories that explain the harmonization

**Analysis Theory**: This theory pioneer is Freud who thinks that the psychological harmonization t process unconsciousness is not aware of the individual where the real reasons behind the behaviors and harmonization is full (exercisers) means socially acceptable and psychiatric forms are considered weak harmonization, and the weaknesses of harmonization in psychoanalysis is the same individual is controlled by his requirements and instincts.

**Behavioral theory:**  It is based on the learning process and the relationship between the stimuli - response.
The behavior is acquired as a result of learning from the environment, and enhanced behavior is acceptable one which is in harmonization with the environment.

**Human Theory**: This theory indicates that man can solve his problems away from the instincts or for external stimuli, where harmonization is not only the individual satisfaction with his basic physiological needs, security requirements, belonging and war    gradually based on Maslow's hierarchy down to self-realization.

**The Cognitive Theory** : This theory indicates that harmonization is  methods and intellectual processes , dealing with the human perceptions in the environment as well as changing in his plans and techniques down to the harmonization and balance , which would bring him to the desired harmonization where everyone has his own methods and   abilities and unique elements.
The harmonization is coexistence with others in a positive way, by committing social norms and proper interaction.

Cameron (1996) classified individuals' patterns harmonization as follows:
1 - Control of the situation and reaching a solution.
2 - Avoiding the situation.
3 - Encircling the situation and controlling it.
4 - Equivocation.
5 - Disregarding and Evasion.
6 - Sense of threat and fear of suffering. (Birghooth, 2002)

Images and harmonization of the individual are reflected in his appropriate behavior for his age, besides aspiration of the college student, which coexists with the stage of study to ensure his excellence and happiness together. It is the most prominent features of mental health that appears in the personality elements and it demonstrates the behaviors with itself as well as the environment, whether family or university in social relations, which affects the way of thinking that supports pursue to their emotional, mental and social aspects.

## Previous studies

**Arabic Studies**
A Study conducted by Barakat in 2009, which aimed to identify the level of psychological harmonization among a sample of (Female students at the Faculty of Education in the University of Umm Al-Qura in Mecca, regarding the effect of variables: (Total of accumulated mean, social status, and the economic situation), in contrast to scores obtained by all members of the study sample in the psychological general harmonization.

The study sample consisted of 105 female students from the Faculty of Education at the University of Umm Al-Qura, in which the researcher used the form of personal data variables addressed in the study related to psychological harmonization. The scale of psychological harmonization to Zainab Shakir in (2003 ( As the study results included that approximately 82% of the female students in the Faculty of Education at the University of Umm Al-Qura have a sense of high psychological harmonization , general psychological harmonization, which includes the feeling : personal and emotional harmonization, the of health (physical ) , and family , and social harmonization where there  is no difference in a sample study dissimilar variables regarding total accumulative mean  , social status , and the economic situation . as there is no effect of  the interaction between the variables of total accumulative mean  , social status , and the interaction between the variables of total accumulative mean  and the economic situation, besides the interaction between the variables of marital , economic status , in contrast to grades obtained by the female students in the ( General Psychological Harmonization)

The researcher recommended focusing attention on the college female students, along with making all kinds of possible support to reduce, the pressures that can affect

their psychological Harmonization in addition to develop the level of psychological services, and the provision of a psychiatric clinic, psyches specialists, and social specialists who are qualified at the university to help the university girls to achieve the highest level of psychological harmonization as well as paying attention to lectures and seminars that deal with mental disorders and emotional in the different life stages , besides caring for preventive education for the university girls , derived from the culture of Islamic religion  at  the Saudi society , which is secures them with optimism , hope besides helping them to resist the frustrations that they may encounter in their life .

Efforts have been made together between the state institutions and universities to provide health and psychological care, along with treatment of cases that need to be addressed immediately without delay in directing them and their handling to create a suitable atmosphere for the college girl who needs a full support for her university requirements, along with providing her with the positive attributes in the personality of the university girl by encouraging her to obtain highly academic achievement.

Banna Study (2008) focused on the life situations among the students of Aqsa University in Gaza in which the study sample consisted of 100 students, 100 female students where that study concludes the results emotional attitudes was classified at the first position, followed by academic and personal positions, followed by attitudes of health and economic positions, and then finally was family and social attitudes. The study also showed a lack of statistical significant differences in the dimensions of stressful life situations due to the gender variable, except after stressful life situations of health, and was the differences in favor of female students.

Zahrani conducted a study 2005, entitled "Psychosocial growth and its relationship to compliance and academic achievement" among a sample of male and female students at the secondary school in Taif. The study aimed to reveal the nature of the relationship between the growth of self- social and harmonization of the academic and its achievement in which the study sample consisted of male and female students in the secondary school in Taif. The research instruments of test psychosocial growth, and harmonization testing in addition to academic achievement grades. The study results indicated that there is a relationship between psychosocial growth and academic harmonization.

Jamil Alleel conducted a study in (1993) in which he discussed some of the variables associated with compliance with the university community to the students of the University of King Faisal, to detect differences in harmonization with the university community, according to the variables of gender, marital status, nationality, specialty, place of residence, college, and academic level which has been applied to the study on a sample of 200 male and female university students. The study findings concluded a lack of statistical significant differences in harmonization with the university community according to the study variables except place of residence between the residents inside and outside the city for the benefit of residents within the city. The study also showed statistical significant differences between male and female students in degree of harmonization with the university community in favor of the female students.

**Foreign Studies**

A study conducted by (Okubo, T, Kurosawa, K, & Kato, H 2006), entitled "Appropriateness between the environment, personal orientation and behavioral Self- harmonization ". This study includes hypothesis test of quality appropriateness to the students of the university, where the study aimed to test the impact of appropriateness between the environment and the individual on the behavior and harmonization, specifically oriented behavioral harmonization. The study sample consisted of ( 359 ) students of the University of them ( 180 ) male , and ( 179 ) Female in Tokyo , the study used the a scale of psychological needs as well as the scale of environmental requirements, which has been used to evaluate the university environment , the study relied on a descriptive analytical method , the study showed that the effect of appropriateness between the environment and the individual in the harmonization of school comes to travel behavioral study as it also noted that the degree of conflict between the psychological needs and environmental requirements affecting the three types of orientation behavior where the study pointed out that academic achievement did not affect harmonization in general regarding the weak appropriateness between the individual and the environment stimulates the individual to choose certain patterns of behavior which in turn succeed or fail to increase self – harmonization (Jackson et al 2000).

This study aimed to detect the relationship between the expectations of students around the university campus and harmonization through college students at the University of Toronto. The study sample consisted of students who wish to enroll in the university through their answer to the open question about their expectations for the university regarding optimism, readiness, fear and harmonization.

The study findings revealed that the worried students had showed psychological pressure and high depression an inability to compromise and a decline in achievement while students who are characterized by the willingness and motivation were more harmonious with higher rate in academic achievement (Ali Habayeb & Jamal Abu Mariq 2009).

**DESIGN AND METHODOLOGY**

**The Study Sample**

The study sample consists of 400 female students at Princess Alia University College  in  the  academic year

2013/2014 in the levels of various academic specializations including child and special education where 100 female students were selected from each academic level (First year, second year, third year and fourth year).

**Reliability of the Study Tool**

To make sure of the reliability of the tool, the internal reliability was calculated on an sample from outside the sample of the study sample of (20) by    exploratory Cronpach's alpha equation.  And the table below shows these transactions, and these ratios were considered suitable for the purposes of this study.

**Table 1:** Internal reliability Cronbach's alpha

| Fields | Internal reliability |
|---|---|
| Psychological adjustment | 0.84 |
| Social Adjustment | 0.87 |

**Table 2**: Frequencies and percentages according to the study variables

| | Categories | Frequencies | percentages |
|---|---|---|---|
| Level | 1 | 128 | 32.0 |
| | 2 | 73 | 18.3 |
| | 3 | 98 | 24.5 |
| | 4 | 101 | 25.3 |
| | Total | 400 | 100.0 |

**The first question: What is the level of psychological adjustment among the students of the Faculty of Princess Alia University at Bachelor level in different grade levels?**

To answer this question, it has been extracted means and standard deviations and the percentage of the level of psychological adjustment among the students of the Faculty of Princess Alia University at Bachelor level in different grade levels, and the table below illustrates this:
The Table 3 shows that the arithmetic mean of the psychological adjustment reached (45.64), and the percentage was (58.51 %).
Second question: what is the level of social adjustment among the students of the Faculty of Princess Alia University in Bachelor level in various school levels?
To answer this question, it has been extracted means and standard deviations and the percentage of the level of Social Adjustment among the students of the Faculty of Princess Alia University in Bachelor level in various school levels, and the Table 4 below illustrates this:
The Table 4 shows that the arithmetic mean of the social adjustment reached (30.90), and the percentage was (39.12%)

**Table 3:** Means and standard deviations and the percentage of the level of psychological adjustment in descending order according to means

| | Mean | Standard deviation | Percentage |
|---|---|---|---|
| psychological adjustment | 45.64 | 10.674 | 58.51 |

**Table 4:** Means and standard deviations and the percentage of the level of Social Adjustment in descending order according means

| | Mean | Standard deviation | Percentage |
|---|---|---|---|
| Social Adjustment | 30.90 | 5.599 | 39.12 |

**Third question: Is there a statistically significant relationship between psychological adjustment among the students of the Faculty of Princess Alia University college and academic achievement?**
To answer this question, it has been extracted Pearson correlation coefficient between psychological adjustment and academic achievement, and Table 5 illustrates this:
Seen from the Table 5 the existence of a positive statistically significant relationship between psychological adjustment and academic achievement.

**Table 5:** Pearson correlation coefficient of the relationship between psychological adjustment and academic achievement

| | | psychological adjustment |
|---|---|---|
| academic achievement | Correlation coefficient t | .228(**) |
| | Statistical significance | .000 |
| | Number | 400 |

Statistically significant at the significance level (0.05) *
Statistically significant at the significance level (0.01)**

**Fourth question: Is there a statistically significant relationship between Social Adjustment for the students of the Faculty of Princess Alia university and academic achievement?**
To answer this question has been extracted Pearson correlation coefficient between Social Adjustment and academic achievement, and the Table 6 illustrates this.

Seen from the Table 6 the existence of a positive relationship statistically significant between social adjustment and academic achievement.

**Table 6:** Pearson correlation coefficient of the relationship between Social Adjustment and academic achievement

|  |  | Social Adjustment |
|---|---|---|
| academic achievement | Correlation coefficient t | .805(**) |
|  | Statistical significance | .000 |
|  | Number | 400 |

Statistically significant at the significance level (0.05) *
Statistically significant at the significance level (0.01)**

**Fifth question: Is there a statistically significant relationship between psychological adjustment among the students of the Faculty of Princess Alia university and academic level?**

To answer this question, it has been extracted Pearson correlation coefficient between psychological adjustment and academic level, and the Table 7 illustrates this.

Seen from the Table 7 the existence of a positive statistically significant relationship between psychological adjustment and academic level.

**Table 7:** Pearson correlation coefficient of the relationship between psychological adjustment and academic level

| psychological adjustment |  |  |
|---|---|---|
| .321(**) | Correlation coefficient t | academic level |
| .000 | Statistical significance |  |
| 400 | Number |  |

Statistically significant at the significance level (0.05) *
Statistically significant at the significance level (0.01) **

**The sixth question: Is there a statistically significant relationship between Social Adjustment among the students of the Faculty of Princess Alia university and high school level?**

To answer this question has been extracted Pearson correlation coefficient between Social Adjustment and academic level, and the Table 8 illustrates this

It is seen from the Table 8 the existence of a positive relationship statistically significant between social adjustment and academic level.

**Table 8:** Pearson correlation coefficient of the relationship between Social Adjustment and academic level

|  |  | Social Adjustment |
|---|---|---|
| academic level. | Correlation coefficient t | 230(**) |
|  | Statistical significance | .000 |
|  | Number | 400 |

*Statistically significant at the significance level (0.05)
**Statistically significant at the significance level (0.01)

## CONCLUSION

Harmonization is characterized by psychologically and socially charismatic integrated capability of coordination between the needs and purposeful behavior along with his interaction with his environment, which bears the trouble of the present for the future described harmonically behavior , besides lack of contradiction and consistent with the standards of society without giving up his independence while enjoying the sound growth which is extremely in emotions by contributing for his community.

Results of the current study shows that there was extracted Pearson correlation coefficient between psychological adjustment and academic achievement, there was a positive relationship statistically significant between psychological adjustment and academic level. Results also shows the existence of a positive statistically significant relationship between psychological adjustment and academic level

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